

# OMS Physical Education/Health Syllabus 2017-2018

**Instructors:** Coach Parker, Coach Foreman, and Coach Borcharding

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If you need to meet with us, please email or call to schedule an appointment. We have to plan accordingly around classes and athletics (games and practices).

## **PE Course Description:**

The PE curriculum will concentrate on all areas of skill development, lead up games, team sports, and physical fitness activities. The students will receive instruction in rules, skills, and strategies associated with the different sports as well as learning experiences involving physical conditioning activities. The program promotes the spirit of cooperation, leadership, fair play, and friendly competition.

## **Health Course Description:**

The Health curriculum in 6<sup>th</sup> – 8<sup>th</sup> grades will promote the development of optimal health (physical, mental, social and emotional health). The program encourages establishing personal health goals and developing comprehension of the skills needed to live a healthy lifestyle.

**Curriculum Framework:** PE will be taught for 12 weeks and Health will be taught for 6 weeks

## **Expectations:**

- ❖ Be on time, prepared, and dressed for class.
- ❖ Be DISCIPLINED and RESPECTFUL to other students and staff.
- ❖ Have a positive attitude and exemplify sportsmanship.
- ❖ NO CELL PHONE, GUM, FOOD, or BEVERAGES...EXCEPTION IS WATER
- ❖ Any injuries or emergencies must be reported to a coach immediately, so proper action can be taken.
- ❖ PE is NOT Recess...it is a class
- ❖ PARTICIPATE...this means give EFFORT during activities

## **PE Dress Code:**

- ❖ Athletic attire: sneakers, shirts and shorts
  - NO CUT or TORN shirts and/or shorts
  - NO Leggings, tights, or spandex
  - No sandals, flip-flops, slides, crocs, sperry's or boots
- ❖ Shorts should be dress code length (4 inches above the knee)
- ❖ Socks are encouraged and recommended
- ❖ During cold months sweat shirt or sweat pants are recommended
- ❖ NO JEWELRY, it can pose a serious safety hazard.

## **Lockers and Locker Room Procedures:**

- ❖ All P.E. students may rent a locker for \$5.00 for use during the entire semester of P.E. class.
- ❖ Students are accountable for their PE attire. Coaches are not responsible for lost or stolen articles
- ❖ Students are not allowed to go back into locker rooms without permission
- ❖ Students will have **six minutes** at the beginning and end of class to get dressed.
- ❖ No horse playing in the locker rooms.
- ❖ Deodorant may be kept in the locker (NO spray deodorant or perfume!!!)

**Materials needed for Health:** Notebook and pen/pencil

**Discipline Policy:**

- ❖ 1<sup>st</sup> offense – Warning
- ❖ 2<sup>nd</sup> offense – Writing assignment/book work or physical fitness activity
- ❖ 3<sup>rd</sup> offense – Citation issued
- ❖ Serious offense – Office Referral

**Dress out Policy:**

Failure to dress out during a week will result in the following discipline procedures:

- ❖ 1<sup>st</sup> offense – Warning
- ❖ 2<sup>nd</sup> offense – Writing assignment/Citation
- ❖ 3<sup>rd</sup> offense – Citation/Parent Contact

**Participation:**

Daily participation is vital to success in PE. This includes being present, appropriately dressed, and actively participating. Students who need to be excused from participation due to an illness or injury must have a note signed by a parent or guardian (accepted for 1 day) or a doctor's note if need to be excused for 2 days or longer. If a student does not dress out due to injury or illness, he or she will have to complete an alternate assignment. He or she will not be allowed in the locker room for any reason.

**Tardy Policy:**

Students will have six minutes when released from their previous class to dress out and be in attendance spots

**Grading Policy:**

Students receive 10 points for dress out and 10 points for participation each day for normal 5-day week (20 points per day for a total of 100 points per week). Points will be adjusted for a 3 or 4-day week.

- Participation----60% (Will have an alternate assignment if not dressed)
- Assessments----20% (Fitnessgram, Mile Run, Vocabulary)
- Final Exam-----20% (Mile Run/Vocabulary)

**Note:** If a student is not dressed out, they are prohibited from participation which leads to no credit for the day

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Please sign below to acknowledge you have read and understood the requirements for this class.

Print Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent/Guardian(s): \_\_\_\_\_